

MENU

MECC BREAKFAST

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SEPTEMBER
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31 WELCOME BACK 🎉 4 oz Yogurt w/ Granola or Crackers	1 Cinnamon Cream Cheese Stuffed Bagel	2 Zee Zee Bar - Cocoa Cherry	3 Belvita Bites and Cheese Stick	4 NO SCHOOL ENJOY THE WEEKEND! 🌸
7 NO SCHOOL LABOR DAY! 🇺🇸	8 Strawberry Cream Cheese Stuffed Bagel	9 Zee Zee Bar - Cinnamon	10 Uncrustable - Strawberry OR Grape	11 Crescent Roll w/ Grape Jelly
14 4 oz Yogurt w/ Granola or Crackers	15 Cinnamon Cream Cheese Stuffed Bagel	16 Zee Zee Bar - Cocoa Cherry	17 Belvita Bites and Cheese Stick	18 Apple Cinnamon Texas Toast
21 NO SCHOOL ENJOY THE DAY OFF 🌸	22 Strawberry Cream Cheese Stuffed Bagel	23 Zee Zee Bar - Cinnamon	24 Uncrustable - Strawberry OR Grape	25 Crescent Roll w/ Grape Jelly
28 4 oz Yogurt w/ Granola or Crackers	29 Cinnamon Cream Cheese Stuffed Bagel	30 Zee Zee Bar - Cocoa Cherry	1 	2

AVAILABLE FRUIT EVERY DAY

Assorted Juice - Apple, Orange, Grape & Fruit Punch

Assorted Whole Fruit (Apples, Oranges, Bananas, Pears, and Plums), Fruit Cups, and Craisins/Raisins

Variety of Milk: 1% White & Skim

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Menus are subject to change without notice

Extra Milk: \$0.50
Adult Meals: \$3.30



Students must take at least 3 items - one must be a minimum of 1/2 cup of fruit or vegetable.